



**CITY NEWS:**

Weekly board games night encourages social interaction **P. 2**

**SPACES:**

Gardener transforms small downtown balcony **P. 16**

**ON THE SCENE:**

At the Regina German Club's Oktoberfest party **P. 20**

# STEPPING FORWARD

**WHITNEY OAKES CHALLENGES HERSELF BY DARING TO LEAD **P. 7****



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## CITY NEWS

#CHEWSDAY CHALLENGE

## Get social at weekly games night

By Ashley Martin

We're all here there — trapped in an hours-long Monopoly battle, commanding the game just to get on with the day.

Modern board games aren't like that, says Matt Robertson. They're more fun, plus they allow you to interact with other people.

That's why he and two friends started a weekly games night that has steadily grown since its inception a year ago.

"We just think it's a much more engaging alternative than reality TV," he said.

So Robertson, Dora Tofase and Mike Grosack started Chewday Challenge, a games night at the North Albert Street Boston Pub.

Since that first Tuesday a year ago, it has grown regularly drawing in some people a week. More than 100 individuals have played.

"Standing up and you look around and see a room full of people with smiling faces and you hear laughter, it just really is heartwarming," said Robertson. "If people can sit down their board-held devices and turn off their televisions for a few hours one night a week, we really think we're doing something special."

For us, social interaction is the paramount value that's at the heart of these evenings."

New to town Ivan Edelman, like some Saskatchewan found the group because the was looking to meet new people.

He thought board games sounded like fun, so he showed up to show and has attended every Tuesday since.

"I really appreciate it. I'm not a huge gamer but sometimes you go into comic book stores or something where everyone's playing... and it's intimidating because you don't really know the rules but everybody's really intense so you don't want to interrupt." But this whole thing is for new people."

And there are lots of new games



The Chewday Challenge weekly board game night at the North Albert Street Boston Pub is a lively draw of people. GC went for their public.

to discover. Unlike the Monopoly of the past, modern board games are "designed," said Robertson, and come in a million different themes.

"It's kind of ridiculous how many board games there are out there," added Stankiewicz.

Whether you sign up for a game in advance at stankiech.com or let the night happen organically, you're sure

to be greeted warmly and included, said Stankiewicz.

"I was worried that everybody was going to have their own friends and not really want to talk to the new people, but they're set up for new people."

"It's like a little community now." And, this community is growing back. Since the Sask Games Event

one of the three Chewday Challenge partners hosts 300 members, it decided to do something good with its numbers through.

"We don't like to rest on our laurels," said Robertson. "We wanted to recognize that if we have the luxury to sit around and play a game, we're probably among the richest of people in the world."

So, on Oct. 8, Sask Games is hosting 24 hours To Play With Your Pals, a fundraiser for South Harbour Rescue Mission.

The 24-hour board gaming marathon began at 1 p.m. at Jokers Place, 3175 Alford St., and aims to raise \$5,000 for South Harbour.

Registration is closed and 60 people have signed up.

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Whitney Daniels at the First Nations University of Canada Powwow Process. QC PHOTO BY TROY FLEECE

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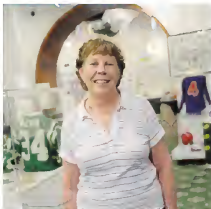
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## # MY FAVOURITE PLACE PG. 5



Mikiel Hoffmann's favourite place in Regina: the Saskatchewan Sports Hall of Fame.  
QC PHOTO BY TROY FLEECE

QC

with: photos (left) (right) (bottom)



CHECK OUT  
LEADERPOST.COM/  
QC FOR A COOL  
NEW FEATURE:  
AN INTERACTIVE  
MAP FEATURING  
ALL OF OUR PAST  
"FAVOURITE  
PLACES."

**CORRECTIONS** Last week's Fashion page featured Nevada Ferreira Horne. The wrong name was  
mistakenly published. QC regrets the error.

## QC COVER PHOTO BY TROY FLEECE

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# IN THE CITY

# SEPTEMBER 28, 2013 — 1:12 P.M.

## A picture-perfect day



Sharon Fears paints portrait art at Art Start (in photo) at the Cathedral Neighbourhood Centre. Assisted by Grandmothers 4 Grandmothers, the event raised money for the Stephen Lewis Foundation through the sale of old donated artwork. QC PHOTO BY MICHAEL BRUL.

## YOUR FAVOURITE PLACE

Where do you like to spend time in Regina? Email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # MY FAVOURITE PLACE

## Local history is best Hall of Fame draw

By Ashley Martin

Marlene Hoffman's love of the Saskatchewan Sports Hall of Fame has grown in her 30-some years of involvement with the organization.

"I used to not really know a lot about it," But she liked what she saw and eventually went on to become a board member and president of the Hall of Fame located at 2250 Victoria Ave.

"It's a great place with lots of history and sport in the backbone of this city, and I just really enjoyed being there," said Hoffman.

Her love of the place and the organization still draws her to volunteer there today.

**Q: What do you like about the Hall of Fame?**

**A:** It's just keeping track of the history and seeing what's there, the pictures, the words, up, it's like somebody trying to find out (about) the past. It's all there and it's all in sport, so I just enjoy that.

I was always an active athlete. I'm still bowling, but my main sport of choice was volleyball. I played for 36 years, once and had a very good career in sport. But I've done them all. I played softball, basketball, track, whatever. I did canoe. I did whatever my dad like being involved in sport.

**Q: What's your favourite part of the museum?**

**A:** My son (John Hoffman) is the Hall of Fame so that makes me proud of him, that I have a relation there. He was on the Saskatchewan Roughriders when they won the Grey Cup in '99.

**Q: Why do you think sport is so important to the community?**

As most of my friends are the girls I played volleyball with.

The girls I associate with are the girls I lived with. You get a relationship that never goes away, it's always there. You have reactions and get together.



Marlene Hoffman's favourite place in Regina is the Saskatchewan Sports Hall of Fame because it offers visitors a comprehensive provincial history. [qc.leaderpost.com](http://qc.leaderpost.com)

It's needed and it's active, which is healthy and all these reasons.

**Q: Do you have any special memory from your time at the Hall?**

**A:** We've had a lot of autograph sessions.

(Once) I was guided as well because of my volleyball and we had little cards made up and we got to sign them, but what made it so special was that I sat beside Rex Lancaster and George Reed and some of those very famous people.

We were all just in a row and treated like we were all celebrities.

**Q: Why would you recommend people**

visit the Hall of Fame?

As it's all there, the history of sport and who was involved and what they were — if you ever look at some of the outfits that were worn for football and some of the other sports back up the '90s and 80s. It's all just historically informative.

If you start reading some of the things people have done, it was hard years ago than it is today to be involved in sports. My mother was never allowed to do sports. She used to sneak out to play basketball at school, because her parents wouldn't allow her to.

My father was on the Canadian Olympic basketball team that went

over to Europe in the 1950s and they went by ship and had to pay their own way and my dad didn't have any money — so he missed out on his Olympic experience because of money.

Then's stories like that on other people in the hall that are really kind of neat to read about to see what was going on in the past.

**Q: How has the Hall of Fame inspired your life?**

As because of my connection with the Saskatchewan Sports Hall of Fame. I decided that balls of fame were really important to honour people and athletes of sport in the

past. I was on a founding group that started the Regina Sports Hall of Fame. It's out at the Cooperators Centre by the hockey rinks there on the wall.

I started (like Volleyball, Canada Hall of Fame) around the late 1980s. It's all because of my start with Saskatchewan that got me into that.

If you think back and read some of the articles on some of the people, how they've had to struggle both financially (with) family, the time and the dedication it takes — the sacrifice it takes to be a successful athlete at this level so many of them have got to, it's so important.

# INVENTORY

We want to hear from you: Tell us about your local business.  
Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # BONNIE'S OF COURSE

For 22 years, Bonnie Schwitter has been helping Regina women look their best. Her store, Bonnie's Of Course, offers designer items for women including casual sportswear, business wear and evening wear.

With the holiday party season just far off, you're sure to find something at Bonnie's, where the apparel includes an array of sparkles, sequins and luxurious fabrics. Open Monday through Saturday in the Golden Mile Shopping Centre, 2626 Albert St.

QC PHOTOS  
BY DON HEALY

**1. DRESS UP:** Series Orange suit \$70, Joseph Ribkoff dress \$185

**2. BLACK, WHITE AND RED ALL OVER:** Joseph Ribkoff black and white hooded coat with red side lining \$325

**3. OFFICE CHIC:** Joseph Ribkoff vest top \$175, skirt \$110

**4. LOOK LIKE ROYALTY:** Series Chang coat, royal blue with subtle copper enamel print \$395

**5. SPARKLE AND SHINE:** Crystal evening bag \$75, Christine Alexander crystal chandelier \$195



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# ON THE COVER

And whenever I went to powwows, I'd see all the people dancing. And I always wished to be out there with them. — Whitney Oakes

# MISS FIRST NATIONS UNIVERSITY OF CANADA

## Teen's personal victory more than a coronation

By Andrew Matto

To understand what makes a modern-day princess, we must look back several generations.

Whitney Oakes, Miss First Nations University 2012, is taking full advantage of an inherited gift from ancestors known for their unique ambition and passion for family, tradition and culture.

A family history that includes personal and public victories continues to yield roads to new seeds planted generations ago, says Linda Oakes, a doting grandmother to a recently crowned princess.

"When I look back, I think about my great-great-grandfather," Linda says.

"He always said that this was our land. He said we should respect our land. And I feel that too. And I feel proud to live the same way," says Linda, a resident of the Nehalem First Nation near Maple Creek.

"He was always known for his silent struggle."

This spring, Linda's granddaughter became a princess for reasons other than a public or political battle. While the pageant didn't automatically qualify as a coronation because she was the lone contestant of this spring's First Nations University Spring Celebration Powwow Oakes claimed victory well before pageant day by meeting self-imposed goals that guided her in a coronation.

In recent years, Oakes has taken greater interest in aboriginal culture and renewed her passion for dancing at powwows, wearing outfits decorated with her own beadwork and fringe dresses crafted by her mother. While attending high school, she battled as racist comments from classmates and helped create a group for students interested in celebrating aboriginal art here.

But it was frustration with anyone that made her seek the princess crown. The perfect introverted athlete, she hoped, was to turn herself into someone people wouldn't look down on her for.



Whitney Oakes, Miss First Nations University of Canada 2012, is proud of her heritage. (COURTESY OF FIRST NATIONS)

She lives a clean lifestyle, meaning she isn't involved with drugs and alcohol. And as a young ambassador, I think she is a fine representative of our community. — Richard Missens



(From left) Diney Dales, her niece and Whitney Dales and their grandmother Linda Dales at the First Nations University of Canada in Regina. QC PHOTO BY THOM HATZ

"People think I'm funny, but that's only because I'm awkward sometimes. I'm just shy," says Whitney. It's a second-year PNWale student. "I know that by running for princess, I'd be forced to talk more and meet more people."

To be considered princess material, Whitney wrote an essay on the history of PNWale that detailed her views on the reputation of post-war

secondary education.

The requirement that best tested her resolution was a speech to a group of judges.

It was her crowning achievement. "I'm pleased with what happened," Whitney says.

\*\*\*\*\*

The first struggle for Whitney Dales came on her birth day. Her

mother, Colleen's pregnancy was deemed risky before doctors ordered bed rest and asked that she travel to the Regina General Hospital from her home on Misamis as a precaution. In December of 1994, 35-year-old Colleen Dales gave birth to two girls who were dangerously premature. They weighed fewer than three pounds each, but Whitney and Britney became healthy enough to

go home from hospital after a few months.

The sisters — Whitney is younger by about a minute — grew up within an extended family where aunts, uncles and grandparents lived nearby.

With eight siblings, three of them half-brothers, Whitney and Britney grew up on the First Nation and lived in Alberta for several years before returning to southern Saskatchewan.

Before high school, their mother married her daughters to be educated in a big city so they moved to Regina where Diney and Whitney attended St. Basil's College. The sisters did well academically and were careful to steer clear of trouble, avoiding advice from their sisters who warned them of drugs, alcohol and the pitfalls of teen pregnancy.

Continued on Page 10



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2011 VENZA



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I'm very proud of her. She has always been shy. And I'm shy too. But going into the pageant wasn't for me. So I support her. — Britney Oakes

There's been men and their men and a teen mom. I wanted the girls to break that cycle," grandmother Linda Oakes says. "I told them they should be enjoying their youth and they should make sure they get an education. There's plenty of time to start a family."

Linda admits to being nervous when the sisters left the reserve for the Queen City. "They're country girls. They're not city girls. But I am so proud of them."

But references to her reserve weren't a focus of the sisters. Instead, their frustration with racist comments from classmates prompted the sisters to help launch a club called NSAD (Native Education Aboriginals' Advocacy) for students interested in aboriginal culture.

The group, which exists today, was made up of the Oakes sisters and four others who gathered to chat and share bonding techniques.

While Whitney describes the racist incidents as "occasional," it was enough to get her thinking about what it means to be aboriginal.

"They'd say that First Nations people are headhunters and that we complain about everything," Whit says. "I think they should learn more about treaties and that kind of thing. Most people don't know why we get some of the rights we do. They need to learn about our history."

By the time she graduated, she wanted to get closer to her culture and decided to return to dancing at powwows. She stopped dancing when she was five but found that she was missing out, especially when family attended out-of-town events.

"I started to get back in touch with powwows. My family is always travelling to different powwows and that kind of thing and I left left out," she says.

"And whenever I went to powwows I'd see all the people dancing. And I always wanted to be out there with them."

Her introduction to dancing led to a meeting with Rev. Benson, the 30th Miss First Nations University of Canada winner and pageant experience inspired her.



Whitney Oakes, centre, poses with family members at the First Nations University of Canada in Regina. JP photo by Ryan Russell

"I liked the way she danced. I saw her run and see her get crowned. That's when I promised myself to get back into dancing and run for the princess."

All of the attention paid to her sister sits well with Britney.

"I'm very proud of her," Britney says. "She has always been shy. And I'm shy too. But going into the pageant wasn't for me. So I support her."

\*\*\*\*\*

Richard Musmau, who teaches a marketing class at FNU/Univ and is chair of the committee that organizes the 30-year-old annual powwow, believes Oakes is uniquely

qualified to serve as an ambassador of the university at public events.

"I think that speaks to her leadership qualities," Musmau says of Whitney's work at overcoming her shyness.

"She lives a clean lifestyle, praying, she isn't involved with drugs and alcohol. And as a young woman today, I think she is a fine representative of our community."

Musmau dismisses suggestions that the absence of pageant paraded parts other than Oakes is a symptom of discomfort among students. Even though this year was the first time it went along with just one contestant, the Miss FNU/Univ role was created just six years ago. A

1996 drought affecting the Resettlement Centre forced employers to postpone the April powwow in Moss, which resulted in a significant drop in attendance from previous years.

"I know that it's a concern. But we had to move the date at the last minute and that affected a lot of people. Also, this is only the sixth year for the pageant so a lot of people still don't know about it. We need to work at getting that message out," Musmau says.

The pageant was introduced to help encourage young people to carry on traditions that many here are being lost.

We know that there is a great concern about our culture that our

language is being lost and that our elders are being lost. We'd like to encourage young people to help protect that," Musmau says.

Tristan Brown, the Aboriginal 26th Miss of the Abitibi-Témiscamingue, says Whitney and her sister struggled in their early years at high school but excelled after Grade 10.

"Their mother and ambition. I think comes from their family. I think they saw where they were in life and where they could go," says Brown, who wrote a memorandum letter to FNU/Univ as part of Oakes' pageant application. "Both sisters were encouraged by the faculty in particular their mother and grandmother."

I think (people) should learn more about treaties and that kind of thing. Most people don't know why we get some of the rights we do — Whitney Oakes



Whitney Oakes performs in front of First Nations University of Canada. GO PHOTO BY THOM ELLIST

Whitney describes becoming immersed in aboriginal culture as uniquely satisfying. She now spends time with her family travelling to powwows, including visits to Alberta where her father and uncles participate in a drumming group. She adds her hair and asks to her jingle dress when she attends powwows as a representative of FNUs.

"It's hard to describe, but I just like the feeling of it — the feeling I get when I'm dancing," Oakes says. "I don't think about anything. My head is clear and I don't have to worry about anything."

She also enjoys working on her outfit with her mother, a project that has helped smooth over their sometimes rocky relationship. Oakes says, adding "We sometimes have arguments."

As part of her obligations as Miss FNUs, which comes with a \$10,000 scholarship, she must attend public events and make speeches, though Oakes says there has been little in the

way of forced duties.

Now in their second year at FNUs, Whitney is enrolled in the education program and Whitney is taking arts with hopes of being accepted into the education program next year. Like much of last year, the sisters began this semester celebrating their birthdays each way from the Nakamun First Nation. They hope to end so apart when they can share using the monthly \$1,000 grant they receive from their bank.

"Driving here is hard sometimes, especially when we have to get up at 6 a.m. to be at school for as 8:30 a.m. math class," Whitney says.

As for Whitney's assessment of her success concerning her shyness, she admits it's a work in progress.

"It's like I can talk in a crowd, my face gets instantly red," she says.

"What I sometimes do is I go up to random people sometimes and talk to them. I find that helps."

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# FASHION

# SASKATCHEWAN FASHION

## Tweed Ride: Onwards! with vintage fashion

By Angelina Irimaci

Saskatoon is getting its first Tweed Ride thanks to Michael Hooshmand and a group of her friends.

A Tweed Ride is a group of people who've entered the cycling world. Hooshmand, a Saskatoon-based surrealist, has been wearing tweed for a while. "A lot of people wonder 'What are you doing aside from dressing up and going for a bike ride?' That's what we're doing. That's all it is," Hooshmand explains.

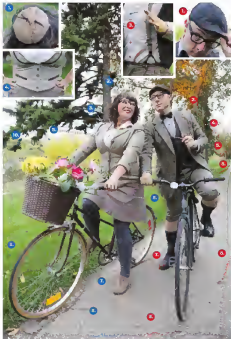
She says that most major cities have a Tweed Ride and since Saskatoon is becoming a major city she wanted to bring in the trend. There's no fee to take part, although Hooshmand would eventually like to charge for the event, with proceeds going to a charity educating children about cycling. But for now, Saskatoon Tweed Ride is a free event for everyone of all ages and cycling abilities.

"It's a fun event, everyone can come. It's not political, it's not religious. (You can) if you want to dress up and say things like 'onwards!' Hooshmand's spouse Anthony Knight says with a laugh.

"And taylor!" Hooshmand adds. The couple incorporate tweed pieces into their everyday wardrobe, so their Tweed Ride outfits come fairly naturally to them. Hooshmand points out that today's fashion trends are inspired by the past, "from witch wear and bohemian vests with piping and round tooth and hermaphrodite jackets," Knight adds, that the tweed he has made a comeback and considers why men ever stopped wearing suspenders.

All those different styles and really nice, rich woven pieces have come back, you can see them everywhere Hooshmand says.

For the QC shoot, the two dressed in the Tweed Ride outfits they'll be wearing at the Saskatoon event on Oct. 6. It starts at 1 p.m. at the Memorial Fountain and ends at the Biosphere Gardens for high tea. People are encouraged to bring their own picnic, blanket and a seat. Oh, and their bicycle!



Michael Hooshmand and Anthony Knight prepare for the Saskatoon Tweed Ride. QC PHOTO BY ANGELINA IRIMACI

Who is the most stylish person you know? Tell us about them — email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## Outfits:

### Hooshmand

- HAIR FASTENER:** Handmade by Hooshmand. "I used a ball of wool that I squashed and then I covered it with some tweed fabric."
- GLASSES:** Toric.
- WHITE SHIRT:** Sany Sher.
- TWEED VEST:** Value Village. "It's a nice foray vest with buckles on the back."
- TWEED JACKET:** Value Village. "This would make a really nice evening jacket, unbuttoned, with a loose sweater underneath and skiny jeans."
- TWEED SKIRT:** Value Village. "It'd be a hoosier piece, that I'd wear with a bloused sweater."
- WOOL TIGHTS:** American Apparel.
- SHOES:** Wal-Mart. "They could probably use a little bit of sewing, but they are really comfortable."
- SHIRT:** Vintage Tee-shirt from Toronto.
- BASKET:** Ikea.

### Knight

- HAT:** Yord sale for 75 cents.
- BOWTIE:** A gift from a friend.
- SUSPENDERS:** Hooshmand sewed on wooden buttons that she got in an antique shop in Victoria, B.C.
- JACKET:** Thrift store in Toronto. "It was in the girls' area and I wore it there because I'm secure with my sexuality. It's female. This pink dress and the pink roller skirt. It was \$10."
- POPS:** Cuddlers Victoria.
- PANTS:** Value Village, altered by Hooshmand. "These were a normal pair of pants from Value Village, but my brother really liked them under a sewing machine."
- SOCKS:** Target. "I didn't know where to get long socks."
- SHOES:** AA Army Surplus in Toronto.
- SHIRT:** A 2007 shirt that he converted into a coarser shirt.

**NEXT WEEK:** How do you ensure quality time in your family?Email [QC@leaderpost.com](mailto:QC@leaderpost.com)**☞ PARENT TO PARENT**

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

## When did your baby start sleeping through the night?

"My twins were four years old and we still have issues with sleeping through the night!"  
—Michelle Goudie

"Oh boy that's so long ago! I don't really remember but I would guess around six months — maybe sooner!" —Celia Contreras

"Both of my boys were sleeping through the night by four months! They're four and six now and still do!" —Ron-Ren Laurens

"We don't have too many nights that either child sleeps through the night. They seem to get up at least once. We have to live with the new arrival! For the night they do is sure a treat!" —Alyssa Caruchalek

"My son is 18 months and is still so where

near wakes up through the night. He sleeps with me and wakes at least three times!"  
—Jennifer Withers

"My son is 17 today and likes to stay up until 4 a.m. I do owe him to let him cry two nights in a row and then he was gone!"  
—Celia Kolesky

"My daughter was about a year when she started sleeping through the night. My son is two and just started sleeping through the night consistently!" —Lee Schuler

"Never!" —Laila Davis

"My eldest was two, my second was seven months. Third was eight months and my youngest got RSV (Respiratory Syncytial

Virus) when she was five months and ever since then she has slept through the night!"  
—Alaina Gaddy

"My son is 10-week-old and still gets up two to three times per night."  
—Alisa Bessier

"My one- and two-year-olds still do not sleep straight through the 10 plus hours they are in bed each night. With at least one of them waking at least once during this period. My two-year-old still occasionally wakes in the night but it is only once in a blue moon. I have very fortunate and by four months all of my children slept for a good six hours out of one at night waking up to feed and going back to sleep for three or four more hours in a fairly consistent bed!" —Tanya Anderson



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For a minimum donation of \$40 to the Leader-Post Raise-a-Reader fund, you will receive 2 tickets\* to the October 12 Saskatchewan Roughriders home game.

**Edmonton vs. Saskatchewan**  
**Saturday, October 12**  
**2:30pm • Mosaic Stadium**

Make your donation at Leader-Post Classifieds, 1964 Park Street, Regina, SK. Monday to Friday, 8:30 a.m. to 4:30 p.m.

\*Section 52 only. While supplies last. Maximum 6 tickets per person/order.

# SPACES

It's fall, so we're looking indoors again. Tell us about your beautiful bathroom, luxurious living room and dashing den.  
Email [QC@leaderpost.com](mailto:QC@leaderpost.com).

## # REGINA'S BEST SPACES

### Balcony big enough for a bounty of blooms

By Ashley Martin

**WHO?** Garret Mang

**WHAT?** The fourth-floor balcony garden of his downtown Regina apartment building.

**WHEN?** After being in the countryside all his life, Mang moved from his family farm near Balgonie to a city apartment. He had his eye on this building and moved here two years ago.

An avid gardener since childhood, Mang was initially unsure how to approach his new living space.

**WHY?** "The apartment is a reflection of a 104-year-old house: what you can learn from that into 600 square feet," said Mang. Likewise, the balcony was much different than the farmyard he was used to. "The gardening was a challenge. It was a big transition. The first spring came along and I thought, 'Well, I'll put some pots out there and try my hand at this.'"

He peered for three days, thinking, "This is a joke, this isn't gardening."

He had a change of heart with a visit to a garden centre, looking at pots of cacti and succulents. "All of a sudden, I just multiples and that's how you can do pots onto a little balcony and there's no room for people. It's not a look back 50 years after noon and have a beer type of balcony."

**HOW?** Mang didn't plan his garden. It all happened by accident.

"I tried the best of my plants. Taking home plants from local garden centres and placing them here and there. Symmetry isn't important, but if they don't fit or aren't like, they get the boot."

"There's no room for sick bugs," among the other golden rule. Mang says. German ivy and ivy leaves. Since growing his cozy garden on a shaded balcony, Mang doesn't miss his large-scale yard.

"It works. It fills the need. A friend said that you can become a slave to it. At the height of the season, that was 10 hours a week cutting grass on a riding mower, and then doing the trimming with the hand mower for another six hours."

He's happy to live the downtown lifestyle now, although in a perfect world he'd opt for a slightly larger balcony.

"Sure, ideally I would like the balcony [to be again as wide], so there could still be a nice comfortable chaise longue or something to really sit out comfortably, but it is what it is. Unless I win the lottery — then I'll buy the building and put a garden on top."



QC PHOTOS BY DON HILARY

## SPACES



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

■ **KAREN HEISE**

## Not your average recipe book

A few years ago, a group at the Seabrook Coastal Art Agency decided to create a cookbook celebrating the wonderful stories about food.

The council knew people often gather around kitchen tables and tell stories about recipes they are creating or about traditions or cultural recipes come from or just stories about family and friends enjoying eating or cooking together. The council thought this combination of stories and recipes would become a family tradition of our grandmothers or other relatives who worked as hard to provide us with good food.

We send news releases to community newspapers and received responses and stories from across the prov-

ince. When they all came in, it was difficult to figure out how to organize the stories. The stories were so interesting the recipe book couldn't use the traditional sub-categories of Soup, Meat, Desserts, etc. typical in most recipe books.



Karen Heise, author of *A Taste of Time*

In the end we created three separate sections. The first was Heritage Recipes (Preserve the Family Memories with sub-categories like First Dine in Town plus Breaks with A Post or Meat & Eggs, The Way Grandma and Grandpa Made Them or Potatoes and Corn

Porridge Staples and even one called Medicinal, Remedy and Old fashioned Household Tips. The second has stories about recipes brought over from the old country or new recipes discovered trying to use the produce this new land would grow. On the traditional side there is the traditional standard place for solids but even creative things like the traditional Wine for medicinal purposes (of course). Plus rubs like 50 uses for salt and 10 uses for vodka (none of them include drinking it!).

The second section became stories for the Holidays, which includes sub-categories for Christmas, Easter, Birthdays and parties of all kinds. This includes stories about the heritage families put into their

celebrations, including traditions from their culture like Christmas Christmas Eve or unique ones like soda fountains at Easter or special birthday cake recipes.

The last section, Pass Along the Recipes has sub-categories like Family Comfort Food, Grandma's Pickles, Pickles and Grandmother's Sweet Impromptus.

*Taste of Time* is a tribute to all the culturally diverse and memorable recipes and stories from our past. This cookbook full of stories can be purchased from the Seabrook Coastal Art Agency.

Call 506-688-2222. All proceeds from the cookbook go toward supporting programs and services for seniors.



### LANCASTER TAPHOUSE

*Upcoming Events*

Thursday, Oct 3 - 8pm  
**SEAN BURN**  
Rock of the 80s

Friday, Oct 4 - 8pm  
**90ERS AT 90**  
A Great Show for the 90ers

Saturday, Oct 12 - 8pm  
**DAN SILVER**  
Live at the Seaside

Sunday, Oct 13 - 8pm  
**CHILLING CHILLIES**  
Live at the Seaside

4029 Seaside Hwy. Seaside, OR 97138

Seaside, OR 97138

Michelle Strawford  
Show Producer  
*What Woman Wears*  
and 93

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## MUSIC

WE'RE ON FACEBOOK: Visit us at  
Facebook.com/QCRegina

# PEANUT BUTTER GENOCIDE

## Musician fishing for the perfect sound



The Peanut Butter Genocide made up of Mitch Doll (from left), Andy Goodson and Ethan Anderson hopes to release a new EP by December. The band's next show is Oct. 19 at The Exchange.

By Andrew Matte

Andy Goodson can't keep his two passions separate.

Whether it's dropping bait into Greenwater Lake during an autumn fishing trip or turning knobs in search of that elusive digital sound, the recent University of Regina graduate is equal parts musician and outdoorsman.

"I'm trying to get as much fishing in as I can before the snow falls," Goodson says of his solo trip in search of rainbow trout.

"During our shows, we try to incorporate a Saskatchewan feel. But

I suppose we're probably just hurting everybody."

Goodson, a Yorkton native and fishing enthusiast who went to the Queen's City locally business, grew up experimenting with music and learning how to play it. "I have played just about every instrument that's out there."

He dabbled as public performance as a member of several bands while experimenting with his own 1980s-inspired electronic sound. Using analog from old VHS tapes containing documentaries and exercise programs, he combined it with sounds from Nintendo consoles to create a backdrop that is now the signature sound of the Peanut

Butter Genocide. A unique name for a unique concept, Goodson wrote and recorded an album in a makeshift studio at Dark Mountain Provincial Park where he was working. Mood Bedroom Mater is a moody blend of funk and electronics filled by Goodson's playful tone.

"It has some elements of electronics but I am not much into the sequencing stuff," says Goodson, who says he draws inspiration from Nine Inch Nails and the Flaming Lips. All of the sounds are tapped out on a drum machine or synthesized, so there is also that organic approach to the music. There are also more opportunities for

improvisation.

When he was playing music for friends, he was encouraged to launch "Genocide" as a performance band which led to the band's stage debut at O'Leary's in June of 2012.

The group includes guitarist Ethan Anderson and bass player Mitch Doll. Goodson plays "a weird combination of synthesized drum machine and digital effects" and guitarist Katherine Koskie contributes as a guest vocalist.

Since last year's gig, there have been others during which they've collected fans from various gigs. "We have a lot of people over at who are fans, so that has been kind of interest-

ing," says Goodson, who grew up as a fan of bands like The Kinks and David Byrne.

These days, Goodson works as travel coordinator with Tourism Saskatchewan, which luckily accommodates his love for the outdoors and eating down the shores of Saskatchewan lakes.

Next up for the band is an EP which Goodson says will be a more cohesive effort than Mood Bedroom Mater. There are also plans to tour. "We're going to be working on a tour of Saskatchewan provincial parks. That way we can play shows and do some fishing at the same time."

# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [qc@leaderpost.com](mailto:qc@leaderpost.com) by 9 a.m. Monday.

One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



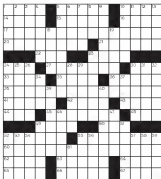
Last week's QC coloring contest winner was **Harriet Daniels**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 14th of James men whose 1830s suitcases were 500,000  
 3 News off  
 10 Seventh anniversary  
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 15 Like some sayings  
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 33 School for James Bond  
 38 Is really smoggy  
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DOWN

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## DOWN

- 1 literary arts  
 2 life save

## # JANRIC CLASSIC SUDOKU

## Level: Beginner

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Expert (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 26.

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# ON THE SCENE

View our On the Scene photos and tag your friends at [Facebook.com/QCRegina](https://www.facebook.com/QCRegina).

## #OKTOBERFEST



# ON THE SCENE

If you know of an event we should attend,  
email [QC@leaderpost.com](mailto:QC@leaderpost.com).

## #OCTOBERFEST



Reginans celebrated everyone's favourite German holiday last weekend. A harvest wine festival, costume contest, a pig roast and a wheel barrel of buns were all part of the Oktoberfest weekend at the Regina German Club on Sept. 27 and 28. Friday night's highlight was the crowning of Mr. and Mrs. Oktoberfest, and the weekend culminated Saturday with musical performances by Len Gadsica and the Hot of Buns Brass Band.

QC was On the Scene on Saturday.

9. Judith Olson and Annette Clute

10. Dorely Magnus and Christine Greenford

11. Dorey and Lorraine Brad

12. Jean Schneider, Sharon Sayer and Cheryl Aldous

13. Dennis Caldwell, Linda Quarte and Mitch McDermid

QC PHOTOS BY MICHAEL BELL

1. A view from the left at the Regina German Club

2. Hostesses Dorey, Peggy Francis and Terrie Ignatuk

3. Amanda Kocany, David Nicol and Alex Logan

4. Kenna and Les Francis

5. Tam Gaudin and Jordan Ignatuk

6. Dale McGeehan with Ms. Oktoberfest Jenny Ignatuk

8. Ernie Dornert and Elin Wesseler

6. Dylan Dornert



## EVENTS

## # MUSIC

Wednesday, Oct. 2

**Weekend Night Folk:** Ian Lewis  
Rushwilder  
2200 Dewdney Ave.

**Jam Night:** Every Wednesday  
McNally's, 2226 Dewdney Ave.

**Tong Ocker of The Great Lake Swimmers, Christie Coultas:**  
The Artful Dodger  
6531 18th Ave.

**Lee Harvey Osmond:**  
The Artisan, 2627 120th Ave.

**Five Finger Death Punch, Escape the Fate, Mike Viny, Central Spadina:**  
Bisland Centre  
1700 Elphinstone St.

Thursday, Oct. 3

**Zachary Lusk, Rock Paper:**  
The Club at the Exchange  
2431 8th Ave.

**Crash Karma, One Real Deal:**  
Pure Urban Lounge  
2344 Dewdney Ave.

**Sean Burns Band:**  
The Pump, 642 Victoria Ave. E.

**Leanne Pearson:**  
The Pump, 642 Victoria Ave. E.

**Sean Macklin, The Tabernum,**

**October Sky:**  
McNally's, 2226 Dewdney Ave.

**Friday, Oct. 4**

**Big Until Friday:**  
The Lincosator, 4529 Gordon Rd.

**Dawn Harte Bays:**  
O'Connell's, 1947 Sealth St.

**Leanne Pearson:**  
The Pump, 642 Victoria Ave. E.

**Hermes, David Ryan Harris:**



*Yinger Kato Schemata of Ausbit will perform at The Exchange on Sunday. PHIL PHOTO*

**Gastro Regine Show Lounge:**  
1947 Sealth St.

**Gerson Aaron:**  
The Club at the Exchange  
2431 8th Ave.

**Danig McPherson:**  
McNally's, 2226 Dewdney Ave.

**Saturday, Oct. 5**

**Caulian Concert Series:**  
New Oxford String Quartet  
7:30 p.m., Knox Metropolitan  
Church, 2340 Victoria Ave.

**Back to Our Roots Tour:**  
Featuring Lori Solomon Mc-  
therson, Larry Krause and  
Blake Reginald  
Cockin-Regin at Show Lounge  
1880 Saskatchewan St.

**Stephanie Thomson and Jeff Griffin:**  
Applause Over Theatre  
1975 Broad St.

**Leanne Pearson:**  
The Pump, 642 Victoria Ave. E.

**Don Sillier and The Tilted Kilt:**  
McNally's, 2226 Dewdney Ave.

**Sunday, Oct. 6**

**Avalon:**  
The Exchange, 3431 8th Ave.

**Monday, Oct. 7**

**Monday Night Jazz & Blues:**  
The Ministry of Noise  
Burdwain  
2200 Dewdney Ave.

**The Sexpansions:**  
The Artisan, 2627 120th Ave.

**The Steel Wheels:**  
Creative City Centre  
1843 Hamilton St.

**Conner Berts & Neil Seibach:**  
The Exchange, 3431 8th Ave.

**Octoberfest:** featuring the  
Western Saxons  
Cassio Regine Show Lounge  
1880 Saskatchewan St.

**Tuesday, Oct. 8**

**Jam night:**  
Every Tuesday, 8 p.m.  
Eccosides, 2037 Park St.

**Jon Cressley, Jesse Lettew-  
dale, Herb Egan:**  
The Club at the Exchange  
2431 8th Ave.

**Robert Hiltz, Tey:**  
Oriontown, 1847 Sealth St.

## # ART

**Proble Excellence:**  
The very best in contem-  
porary fine art in a crea-  
tion of emerging and  
established professional craft  
artists from all across the  
provinces.

**Until Oct. 4, Art Gallery of  
Regina, Neil Salkowitch Civic Arts  
Centre, 2435 Elphinstone St.**

**Coming into View: Hous-  
ing the Professional Native  
Indian Artists Inc.**

Work by Joseph Sanchez  
and Alex Jervis, two original  
members of The Professional  
Native Indian Artists Inc.  
better known as the Indian  
Group of Seven, are comple-  
mented by the works of eight  
other artists.  
**Until Oct. 12, Slits Fine Art  
Gallery, 2018 Halifax St.;  
Tobacco Boutique, 2156 Alder  
St.; Selawick-War Artists' Col-  
lective, 2100 Alder St.**

**Joi T. Arand: Through That  
Which is Seen**

**Until Oct. 17:**  
Dunlop Art Gallery - Glen-  
wood Village Branch, 6121  
Rochdale Blvd.

**Zane Wilson:**  
Until Oct. 19, Myrtle Gallery,  
2700 103rd Ave.

**Gabriela Garcia-Luna: Bath-  
ed Light**  
The exposure of an ethereal  
light source in a low shutter  
settings creates photographic  
imagery that is ghostlike and  
mysterious.  
**Until Oct. 19, Slits Fine Art  
Gallery, 2018 Halifax St.**

**Janet Macpherson: Decay**  
Toronto-based artist finds in-  
spiration in her Catholic upbring-  
ing and renderings of biblical  
scenes in slip-cast figures.  
**Until Oct. 19, Slits Fine Art  
Gallery, 2018 Halifax St.**

**How to Make a Monster:**  
Until Oct. 26, Sask. Science  
Centre, 2160 Powerhouse Dr.

**Rele Hersholt:**  
Until Oct. 25  
Hague Gallery, Creative City  
Centre, 1843 Hamilton St.

**Zeller Collective: The Sub-  
tleties and the Absence**  
Until Oct. 27  
Creative City Gallery - Central  
Branch, 2011-120th Ave.

**Black Museum: Stories from  
the RCMP Crime Collections**  
Inspired by Scotland Yard's  
notorious Black Museum  
exhibit, RCMP Crime Collections  
explores some of the more macabre  
and chilling places from the  
RCMP Historical Collections  
including evidence path-  
finders from some of the most  
famous cases in Canadian  
crime.  
**Oct. 7-31, RCMP Heritage  
Centre, 5507 Dewdney Ave.**

**U of R Masters of Fine Arts  
are during Exhibition:**  
Until Nov. 23, MacKenzie Art  
Gallery, 3475 Albert St.

**Greatest Hits: The Jane Tour  
of Canadian Art:**  
Until Nov. 24, MacKenzie Art  
Gallery, 3475 Albert St.

**Creating Our Communities  
Together:**  
Until Jan. 5, MacKenzie Art  
Gallery, 3475 Albert St.

**The Professional Native  
Indian Artists Inc.**  
Until Jan. 12, MacKenzie Art  
Gallery, 3475 Albert St.

**The Artists of South Mid-  
dlesex:**  
New exhibitions quarterly.  
Until July 31, 2004, Regine  
Centre Crossing, 1621 Albert  
St.

**Avalonite Gallery:**  
2246 Smith St.  
New Tuesday to  
Friday 10 a.m.-5:30 p.m.,  
Saturday 10 a.m.-5 p.m.

**Rockwell Gallery:**  
2446 Albert St. Open Tuesday  
to Saturday, 10 a.m.-5 p.m.

## # COMEDY

**Gemini Comedy:**  
Every Saturday night  
Gordon's, 3338 Dewdney Ave.

**Red Green How to do Every-  
thing Your**  
Oct. 3, 7 p.m.  
Cowan Arts Centre, 3000  
Lakeshore Dr.

## # THEATRE

**The Gemini's Affect on Holmes  
for the Holidays:**  
Melissa Lewis Theatre  
Oct. 2-5, Regine Performing  
Arts Centre, 1077 Argon St.

**Tackled... a Football Play**  
Oct. 3, 4, 5, Week 5 shows until  
Oct. 21  
Applause Over Theatre, 1975  
Broad St., lower level.

**Shenji-Lee:**  
Shenji-Lee Sandbars Series  
Until Oct. 5  
Globe Theatre, 1821 Sealth St.

## What you need to know to plan your week.

### Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Willow Road by Wendy Lockman**  
UpStages at the Centre staged reading series  
Oct. 9, 10:30 p.m. Creative City Centre, 1643 Kensington St.

**Heading by Johanna Söderlund**  
Oct. 9, 7 p.m. 2ND Stage Office, 1150-8th Ave.

**The Last Heart**  
LMS Oct. 6  
Globe Theatre, 3601 South St.

## # SPECIAL EVENTS

**Monthly ALES Meeting**  
Learn more about the art of home brewing. New members welcome.  
Oct. 2, 8 p.m.  
Bushman's basement clubroom, 2266 Dewdney Ave.

**Market Under the Stars**  
Evening Reggae Farmers' Market (rescheduled from last week)  
Oct. 3, 4-8 p.m.  
City Square Plaza, downtown

**About Your Stuff**  
Dress for success fundraiser  
Oct. 3, 5:30 p.m.  
Centre Reggae Show Lounge, 1880 Saskatchewan Dr.

**Remembering the Great War 100 Years Later**  
Keynote address by Jay Wenden, the Charles J. Ellis Professor of History at Yale University  
Oct. 3, 7 p.m.  
U of T International Auditorium

**Growth of the Crop Craft**  
Sale  
Oct. 4, 9-10 p.m.  
Oct. 5, 10 a.m.-5 p.m.  
Census Arts Centre, 200 Lakeshore Dr.

**Seek Skills**  
Oct. 4, 4:30-10:30 p.m.  
Oct. 5, 8 a.m.-10:30 p.m.  
Oct. 6, 8 a.m.-5 p.m.  
Co-operators Centre, Ennis Place

**Oakvale Racers Club Fund-raiser Series**  
Support inner-city youth in horsemanship, \$20 for stock dinner  
Oct. 4, 5-8 p.m. The Gathering Place, 4091 3rd Ave. N.

**Movie Screening**  
U of T vs Calgary  
Oct. 4, 7 p.m. The Co-operators Centre, Ennis Place

**Client Hours: Perinatal Loss Awareness Walk & Run**  
Oct. 5, 2 p.m.  
Starts at Mission Relief Centre, 2180 22nd Ave.

**U of T runs vs. Alberta Golden Bears**  
Oct. 5, 1 a.m. Mosaic Stadium

**Volunteer**  
Be Hosted by the Government House Historical Society  
Oct. 5 end 6 and 2:30 p.m. (stronger call 781-5364 for reservations) Government House, 4507 Dewdney Ave.

**Men's basketball**  
U of T vs. Middlesex Hts.  
Oct. 5, 3 p.m.  
U of T OHS

**Fall Off-Road Bash**  
Oct. 5, 8 p.m.  
Kings Park Speedway

**Indie Sapper Night**  
8th Brothers fundraiser with special guest Lt. Col. Vaughn Solomon-Scheffed  
Oct. 5, 8 p.m. Census Arts Centre, 200 Lakeshore Dr.

**Movie Screening**  
U of T vs Calgary  
Oct. 5, 7 p.m. The Co-operators Centre, Ennis Place

**Reggie Rags vs. Calgary Flames**  
Legends Football League  
Oct. 5, 8 p.m.  
Ennis Centre, Ennis Place

**CIBC Run for the Cure**  
Oct. 6, 8 a.m. Census Arts



*Revolution and Road* by Neil Grahame and Cain Stedro as Angela Miller in Globe Theatre production of *The Last Days*. SEPTEMBER PHOTO

**Centre: 200 Lakeshore Dr.**

**Seener Jam**

Oct. 6, 10 a.m.-12 p.m. Credit Union Event Place, Ennis Place

**Reggie Rags vs. Saskatchewan**

Oct. 6, 8 p.m.

Ennis Centre, Ennis Place

**PROBES Club of Regina**

Meet other retired men and women. Guest speaker Sheila Cole.

Oct. 7, 9:30 to 11:30 a.m.

Neil Grahame Centre, 2420

Elphinstone St.

**Shaw Thomson book launch**

Oct. 8, 7 p.m.

Tony Bennett, 4430 Albert St.

## # NEW MOVIES

**Runner Runner**  
Thriller  
When he loses his tuition money to an online poker website, Richie Furst (Justin Timberlake) learns where the website is hosted and tracks there to meet with the site's owner, Ben Black (Ben Affleck). But instead of getting his money back, Furst is recruited as Black's apprentice. As they begin to break an oligopoly (Anthony Mackie) waits for Furst to get mad enough to bring down his boss.

**Gravity**  
Thriller  
Drayton Stone (Sandra Bullock) is on her first shuttle mission, with veteran astronaut Matt Kowalsky (George Clooney). But on a seemingly routine spacewalk, the shuttle is destroyed, leaving them completely alone — tethered to nothing but each other and spiralling out into the blackness. The defining silence tells them they have lost any link to Earth. As fear turns to panic, every gulp of air counts every bit of what little oxygen is left, but the only way home may be to go further out into space.

**Galaxy Cinema**  
420 McConville Blvd. N.  
306-522-9098

**Complex Odors**  
Southland Mall Cinema  
3025 Gordon Rd., 306-585-3383

**Regina Public Library Theatre**  
2311 12th Ave. 306-777-6164

**Kramer Inn**  
2920 Powerhouse Dr.  
306-522-4439

**Rainbow Cinema**  
Golden Mile Shopping Centre  
3030 Albert St., 306-309-1070

# WINE WORLD

## #QUAILS' GATE

### This bright and intense wine is perfect with food

By James Romanow

There are several phenomena in the wine world that attract attention from the cognoscenti. High on the list is seeing the world's "old vine" on the label. Typically, grapes vines lose productivity as they age, making for more intensely flavoured grapes. Also, the root system goes deeper allowing more expression of the soil types and mineral content.

Needless to say, when I came across a bottle of "Quails' Gate" — one of the few wineries to always get their geotropes in the right place — Old Vines Took I jumped on it.

Pach, or Mercedel Pach, is an odd hybrid, bred for the Alsace that is cold resistant. As a sure (early 18th century) grape it's seldom included in AOC regulations and result has been gradually disappearing in Europe. It was first planted in the Chassagne by Bright's and I assume these vines date back to that period.

It makes a bright intense wine with a lively acidity in my mind. Curious, glass of cross reference I think of it as the same glass of Dolekto from the Pleasure. This makes it an absolutely excellent food wine, particularly with game and lunch.

The Quails' Gate version is a first rate. For those of you seeking round, slightly sweet reds & want work at all. It's intense, medium to full bodied, with great acidity. There are some



Americans eat water (cucurbit, cucumber, etc.) in the bouquet and the palate is loaded with spice and flavors of earth (chocolate, tobacco, coffee). The finish lasts forever with intense as delicate as a British butler.

If you drink wine with your meals instead of as a cocktail, this is one to grab.

Quails' Gate Old Vines Pach, Canada, 2013.

More wine on Monday's LeaderPost and on Twitter @jromanow

## Crossword/Sudoku answers

SAGE	FINIS	ITCH
ICES	NASAL	GOLO
THIS	SULTAN	OWAT
SERENITY	WOUNDS	
SIS	PARE	
HAT	STATUTE	HST
OAKS	KTON	GRATE
PRIS	IDENT	HOVER
LGRE	AGLE	GRIP
SHIT	ARMADILLO	THIS
ALL		
HOLERS	MAKING	TO
INAPAS	TOYCAR	
TITO	ARGON	GRIP
COAR	TEEMS	WUTH

3	4	9	7	5	2	6	8	1
5	6	8	9	4	1	2	7	3
1	7	2	6	8	3	9	4	5
6	3	5	2	9	8	4	1	7
2	8	7	1	3	4	5	6	9
9	1	4	5	6	7	3	2	8
7	5	6	8	2	9	1	3	4
8	2	3	4	1	5	7	9	6
4	9	1	3	7	6	8	5	2

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# SHARP EATS

See a food trend you think deserves a highlight? Email [QC@leaderpost.com](mailto:QC@leaderpost.com) or visit us on Facebook

## # SASKATCHEWAN FOOD TRENDS

### Cora does breakfast at its best

By Jenn Sharp

They say breakfast is the most important meal of the day but how many people actually get a good start?

Cora Theriault started her first breakfast shop in Montreal in 1987. A single mother to three teenagers, she needed to support her family and also wanted to encourage healthy eating. Taking advantage of the low fat trend, she incorporated lots of nutritious options into her breakfast creations. Many of the dishes were named after her customers or staff.

The lettering and drawings on the menu today are all taken from the menu Cora drew in that first shop. She made posters for the walls of the dishes as well, copies of which now decorate all 131 Canadian locations.

Cora's first (and highly anticipated) location in Saskatchewan opened last December. Lines stretched around the building, located at Preston Crossing shopping area in Saskatoon, during those first months. Even today, Cora is almost always busy, especially on the weekend. It's for good reason.

The French toast possibilities—waffles, crepes (chicken or whole wheat) and eggs all come topped for stuffed) with generous helpings of fresh fruit. It's not your standard breakfast menu either. Inevitably and fast, the menu has lots of gluten free and vegetarian options, too.

While many of the dishes are fairly healthy, if you like eating dessert for breakfast, you've come to the right place. And let's face it, on a Sunday morning who doesn't want a Banana Bites Chocolatey Blarney crepe topped with whipped cream?

The owners of Saskatchewan's Cora, Brenda and Paul Dwyer, believe they are excited to be a part of the Cora family. The two stress that while the franchise has spread across Canada, it remains a family-owned company. In fact, Cora herself came out to the Saskatoon opening. Any new dishes



One of Cora's best-sellers, the Raspberry-Luxur, is a crepe filled with raspberries, a mixture of custard and cream cheese, raspberry sauce and cherry. It's accompanied by English cream. Cora's unique touch dishes, kitchen manager Gabe Gaboris says new features come out every two months or, maybe one week intervals.

must meet her approval before being rolled out to Cora's nationwide.

Signature menu items, such as the nutmeg and butterscotch sauce, come from Montreal. While the food (the customer) at Cora is delicious, there are downsides to this franchise model, such as the environmental cost of

shipping food across the country.

The partners, who are also parents, got their Saskatoon restaurant on board with the Cora Foundation. The foundation works to aid children in need, mainly through fundraising events throughout the year for the Breakfast Club of Canada, which

provides healthy breakfasts to about 130,000 schoolchildren. The next franchisee begins in November.

"One of our goals is to be a part of the community. That's why we want to get involved with local charities," says Valenteiro, adding, they'd like to work with the Saskatoon Food

Bank in the future.

Brenda doesn't have long to wait for its own Cora—one is set to open in the Greenstone Shopping Centre, located at the intersection of Lennox Drive and Gordon Road near Blenheim Landing, in the spring of 2014.

[jennsharp@leaderpost.com @jennsharp](http://www.corafranchise.com/saskatoon)

## # ASK ELLIE

# Separated husband should announce new relationship

**Q:** I've been separated from my wife for four years; the divorce will come through within months. Meanwhile, I've met someone I'm dating seriously. I met her early in my separation, because we work in the same industry, in the same city.

However, it would've exacerbated my wife of 16 years' fury had she known I was dating so soon — and she constantly asked this question: ...so I always denied it!

I did not leave my wife for this new woman. The marriage had become an oppressive relationship for me due to her controlling behavior. I often frantically needed late-past-to-morning going home. The distancing had gone on for several years before separating.

Now my son, 23 and dating ser.ously himself, is asking whether I'm involved with someone. If I tell him, he'll surely tell his mom and her version will be unkind and untrue to our two children and everyone else knows.

But I'm tired of lying and my son

## Ask Ellie



desires to know if he's being kept in the shadows. What should I do?

### Stick to Decet!

**A:** Got unstruck. It's natural after this long of a separation for you to have met someone special, and your son should be told that matter of factly, without grief.

Then I get pushed against a wall of questions over details — e.g. exactly when and where you met her; did you cheat on your wife when did you start sleeping together, etc.

It's not appropriate for you to answer each one in an interrogation, like a presumed guilty party. So decide ahead the facts you will reveal, such as, we've known each

other as colleagues, and after the divorce was in progress I was ready to open myself up again.

If you don't over reveal, and/or over explain and analyze the situation for him, he'll hopefully take your cue.

**Q:** My friend's daughter, four, has started pulling down her pants in front of my son, six.

My son told me that after a play date at her house, with her brother, who's also six. My son said the boys just laughed and kept playing together with a building set, as usual.

When I told my friend, she insisted this had never happened before, and that my son must have somewhere he tried it.

I'm deeply hurt that she would point a finger when her own daughter couldn't pin it up from her preschool friends, and if something I thought we could resolve together.

I'm wondering if I can even let my son play with his best friend any more.

### Annoyed Mom

**A:** It'd be a shame to come between the happy-close friendship — especially if you think his girl's NOT a bad influence — if you can handle this in another way.

Tell the mom today that if this behavior was learned by your son elsewhere, then her kids had as much chance to see pants-pulling elsewhere too.

Say that if it's up to you too to never give the messages you want to your own children about not exposing their "privates." Their bodies are sacred, to be protected from strangers, or others' suggestions to "show."

If she's listening, add that just blaming another child shifts the onus away from the lesson of self-protection, even at a young age.

Otherwise children should be told to tell their parents if anyone urges them to get undressed.)

If your friend insists that this was your son's fault, talk to him about it, but it's better that the boys have a break from each other.

**Q:** My mother has remarried a man with young children 11 and 13. They stay at her home every other week end. I'm 23 and can only get home from university on many weekends often when they're present.

I resent sharing my room with these kids. I'm hurt and angry that she doesn't change things when I announce that I'm coming. They have a routine so even if it's last minute, they have their own home.

### Replaced

**A:** The children also have their "own home" with their father. The courts, with parental agreements including your mom's acceptance, likely set this arrangement.

You've had your crucial growing years with your mom, and now you're "maturing" enough to live away at school.

Rise above childhood jealousy and tell your mom you'd like some growth time with her. Set a "date" together — e.g. eat her lunch and shopping, or hanging out at home chatting while their dad takes out the kids.



## Next week in QC

Artist Andrew Salgado, formerly of Regina, has gained international fame and attention from his work

## # GARDENING

## Your to-do list for the coming fall and winter

By Erl Svendsen

The fall has been gloriously — if not unseasonably — warm. By my reckoning, we should have had several frosty nights by now where in reality have taken our best spare sheets and blankets and draped them over our gardens and planters in the hopes of holding onto summer a little longer. But get me wrong, I'm enjoying the great weather. But we still need to tackle these several fall activities to prepare our gardens for winter.

First, your perennials, biennials, succulents, cacti, squash and other above ground vegetables. The amount of growth, development and ripening that you may gain by leaving them out for a few more days may be completely lost by freezing frost. I don't want to dampen the weather forecaster, but they don't always get it right. Why chance it?

Dig up your perennials, they're chilling sensations. But you can loose our role, baskets and beds in the ground

for a while yet so that they'll express in favour and cheerfulness with a few frost episodes. Given how dry the fall has been, winter your root veggie chokes the day before harvesting just to make it easier to dig them out.

Speaking of watering, give your trees shrubs and perennial beds a good soaking before freeze up. This is good advice in any year. Despite the appearance of a growth from now to early spring, your plants are doing something under their bark and underground. These processes require some water, especially in the sowing as they prepare to get on new growth. This fall has been dry and if the winter is the same, then spring growth may be impacted.

Still on the topic of water, schedule watering out your underground sprinklers in a week or two. While the underground system will be protected against a few degrees below freezing, the above ground parts like the risers and shower heads will be left to freeze. If temperatures are forecast to drop below -10 C (including wind chill), shut

the water off to outside. Next, open all the manual valves in the outside hallway. This will relieve some of the pressure that will build up as water freezes. If a valve is already frozen, do not force it open. First thaw it out by pouring warm water over it and then open it.

Get a head start on next year by planning spring downing beds like tulips, aquil, grape hyacinth, crocus, pansies, crocuses, delphiniums and lilies. There are hundreds of colors with varying colours, shapes and flowering times to choose from. Most garden centres are waiting for you to drop by.

Finally, like the time to retire the colour transformation throughout the landscape. First to change are the shrubs, generally turning brilliant yellow.

I was out for a walk recently and couldn't help but remark on how a golden yellow Manzanita shrub fit up the street that it would normally have cast shade over. Azure maples are hoisty shades of burgundy deep red



The vibrant burning bush (Euonymus alatus) and its autumnal splendour at a community garden in North York.

or orange depending on the selection. Burning bushes (Euonymus spp.) are at their best this time of year as they also are bright red. These are just a few examples of fall-colored plants.

Take a walk around your neighbourhood or go to public gardens and

take note of how colour, shape and foliage are important aspects of the autumn garden. Consider how you might incorporate some of that into your own garden.

This column is provided by The Sea Architecture Perennial Society.

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